



BALANCE AND POSTURE PROGRESS REPORT

PARTICIPANT NAME: _____

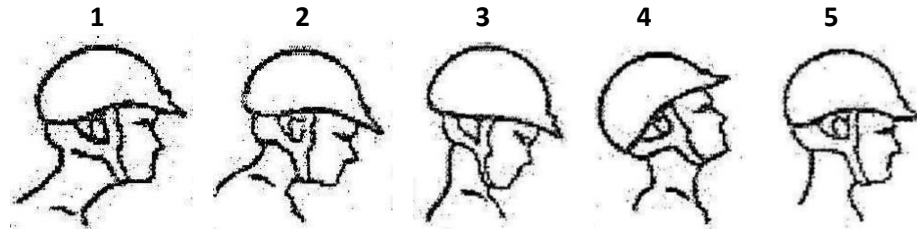
DATE: _____

INSTRUCTOR: _____

BALANCE AND POSTURE SKILLS

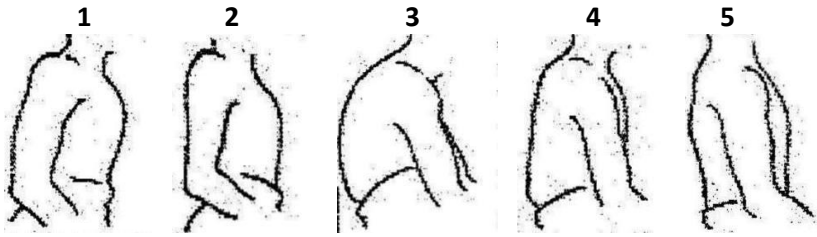
POSTURE SKILLS

HEAD/CERVICAL SPINE



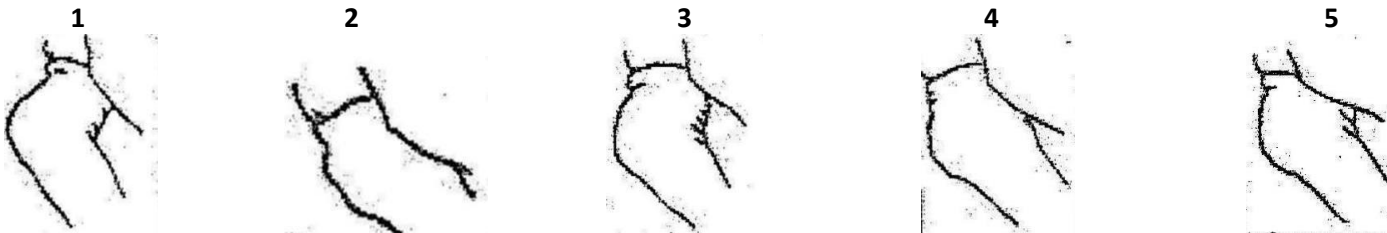
0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	SCORE
1	Head extended in front of shoulder and cervical spine extended	
2	Head extended in front of shoulder and cervical spine flexed	
3	Head erect and balanced over trunk but cervical spine flexed—looking down	
4	Head balanced on extended cervical spine—looking up	
5	Head is erect and balanced over trunk with ear aligned over center of shoulder	

SHOULDER/THORACIC SPINE



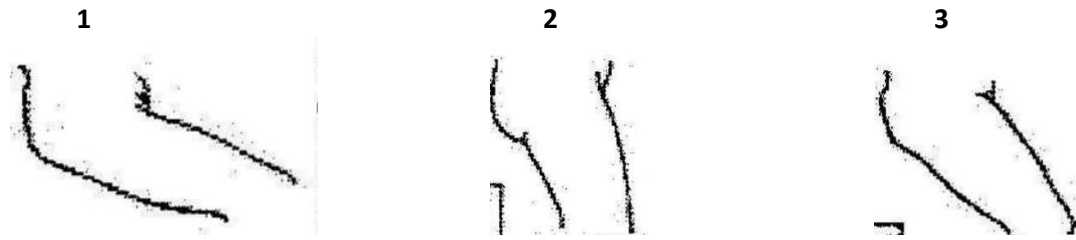
0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	SCORE
1	Flatted thoracic curve with shoulders adducted and elevated	
2	Flatted thoracic curve with shoulders adducted (closer together)	
3	Moderate kyphosis (rounded back) with shoulder ahead of hip-continuous curve "C"	
5	Normal thoracic spine curve with shoulders aligned over hip	

PELVIS/LUMBAR SPINE



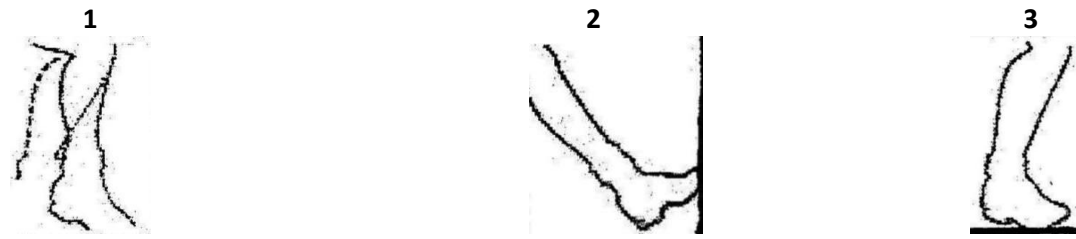
0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	SCORE
1	Moderate anterior pelvic tilt with increased lordosis (inward curve)	
2	Moderate posterior tilt with lumbar curve reversed	
3	Mild anterior pelvic tilt with normal lordosis to mild increase in lumbar lordosis (inward curve)	
5	Neutral pelvis with normal lumbar lordosis	

HIP ANGLE



0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	SCORE
1	Hip angle closed or "drawn up"	
2	Hip angle open	
3	Hip angle approximately 35 degrees	

KNEE FLEXION/HEEL ORIENTATION



0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	SCORE
1	Knee angle closed with heel "drawn up"-may be in front or behind pelvis	
2	Knee extended with heel down—may be in front of or behind pelvis	
3	Knee flexed with foot perpendicular to ground—with stirrup, heel aligned with pelvis	

Instructor Comments:

Posture Skills Score:

Score: _____ out of 21 possible points

Score Interpretation:

- 0-3 = Inadequate
- 4-6 = Poor
- 7-9 = Needs Improvement
- 10-12 = Satisfactory
- 13-15 = Good
- 16-18 = Very Good
- 19-21 = Excellent

BALANCE SKILLS

BALANCE DURING AMBULATION

0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	<u>SCORE</u>
1	Unable to walk up ramp to mount	
2	Able to walk up ramp to mount but requires max assistance on both sides	
3	Able to walk up ramp to mount but requires assistance on 1 side and needs to hold railing	
4	Able to walk up ramp to mount with no hands on assistance but needs to hold railing	
5	Able to walk up ramp to mount unassisted with no loss of balance	

SEATED BALANCE THROUGH WALK-HALT TRANSITIONS

0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	<u>SCORE</u>
1	Complete loss of balance through transition	
2	Frequent loss of balance through transition and requires assistance to correct	
3	Some loss of balance through transition but can self-correct	
4	Minimal loss of balance through transition and can self-correct	
5	Demonstrates no loss of balance through transition	

SEATED BALANCE THROUGH WALK-TROT TRANSITIONS

0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	<u>SCORE</u>
1	Complete loss of balance through transition	
2	Loss of balance after 2-5 steps and requires assistance to correct	
3	Loss of balance after 5-8 steps and requires assistance to correct	
4	Minimal loss of balance through transition and can self-correct	
5	Demonstrates no loss of balance through transition	

BALANCE THROUGH BENDS/TURNS

0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	<u>SCORE</u>
1	Complete loss of balance through bend or turn	
2	Frequent loss of balance through bend turn and requires assistance to correct	
3	Loss of balance left > right but can self-correct	
4	Loss of balance right > left but can self-correct	
5	Demonstrates no loss of balance through bend or turn	

TURNING TO LOOK BEHIND OVER LEFT AND RIGHT SHOULDERS

0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	<u>SCORE</u>
1	Needs assistance to keep from losing balance	
2	Needs supervision when turning	
3	Turns sideways only but maintains balance	
4	Looks behind one side only and other side shows less weight shift	
5	Looks behind from both sides and weight shifts evenly	

REACHING FORWARD WITH OUTSTRETCHED ARMS

0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	<u>SCORE</u>
1	Loss of balance while trying to lift one or both arms	
2	Reaches forward with one arm, displays loss of balance, and needs support to regain position	
3	Reaches forward with both arms, displays loss of balance, and needs support to regain position	
4	Reaches forward with both arms, displays some loss of balance, but does not need support to regain position	
5	Confidently reaches forward with both arms and shows no loss of balance	

BALANCE WITH EYES CLOSED

0	Unable to score due to (Circle One): Comprehension or Physical Difficulty	<u>SCORE</u>
1	Unable to maintain balance with eyes closed	
2	Shows loss of balance after 5 seconds	
3	Shows loss of balance after 10 seconds	
4	Shows some loss of balance after 10 seconds but can self-correct	
5	Shows no loss of balance after 10 seconds or greater	

Instructor Comments:

Balance Skills Score:

Score: _____ out of 35 possible points

Score Interpretation:

- 0 to 5 = Inadequate
- 6 to 10 = Poor
- 11 to 15 = Needs Improvement
- 16 to 20 = Satisfactory
- 21 to 25 = Good
- 26 to 30 = Very Good
- 31 to 35 = Excellent